

Ottawa Civic
Hospital / Hôpital
Civic d'Ottawa

1053 Carling
Ottawa, Ontario
Canada K1Y 4E9

Office of the Vice-President,
Medical Affairs
Bureau de la Vice-Présidente,
Affaires médicales
(613) 761-4203
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February 28, 1992

Mr. Chris Brown
6267 Castille Court
Orleans, Ontario
K1C 1X4

Dear Mr. Brown:

In response to your letter to Mr. Ian Mumford, Chairman of the Board of Trustees at the Ottawa Civic Hospital, I enclose a letter addressed to you by Dr. J. Blouin and a letter addressed to you by Dr. J. Barlow. The opinions expressed in these letters are their opinions concerning your comments in the letter to Mr. Mumford.

I have had the opportunity to read your letter thoroughly. I understand and appreciate your comments. I recognize that there is a degree of disagreement between Dr. Barlow and Dr. Blouin. The hospital itself, as a hospital, has not taken a position nor has it announced as such a position. The comments are those of the physicians working at the Ottawa Civic Hospital.

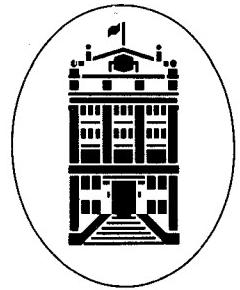
Sincerely,

A handwritten signature in black ink, appearing to read "C.C. Carruthers".

C.C. Carruthers, M.D.
Vice-President
Medical Affairs

ccc/im

Encl.: 2 letters



February 12th, 1992

**Ottawa
Civic Hospital**

1053 Carling Ave.
Ottawa, Ontario
Canada K1Y 4E9
(613) 761-4000

Mr. Chris Brown,
President, Ottawa Branch,
6267 Castille Court,
Orleans, Ontario. K1C 1X4

Dear Mr. Brown:

Thank you for your letter of February 1st, 1992 (forwarded to me by Mr. Mumford), and your subsequent reprint on chemical sensitivity which I received by mail today. In reading this material, I have learned more about environmental sensitivities.

Particularly interesting to me, as a psychologist, is the fact that many people with environmental sensitivities are apparently being treated for the psychiatric condition of somatization disorder, to the exclusion of treatment for the biological basis of the environmental sensitivity. I have encountered, through my extensive work in the Ottawa Civic Hospital Department of Psychiatry's Stress Management Clinic, many patients suffering from undiagnosed medical conditions. Because precise diagnosis and effective treatment eludes these patients and their physicians, the patients ultimately experience a high degree of stress which brings them to our Stress Management Clinic. We treat these patients with short-term cognitive therapy and group support for the stress of dealing with their misunderstood medical conditions; we do not use psychological treatment for the medical condition itself.

Let me now address the major issue which prompted your letter of February 1st regarding "food addiction resulting from food sensitivities". I have no doubt whatsoever that many people suffer from food allergies, or food sensitivities. I have had both personal and professional experience with this problem.

Certainly, these conditions may manifest themselves in a relatively wide array of behavioural and physical symptoms. The literature you referenced provides an excellent summary of research in this field.

Unfortunately, your argument that such allergies may lead to addictions to specific foods is not supported by well-controlled research in peer-reviewed journals. Thus, I stand strongly by my original opinion that to spend millions of taxpayer's dollars on a treatment program for bulimia nervosa that is unsupported by controlled research is an untenable situation.

Furthermore, I mirror your concern that patients receiving inappropriate treatment suffer the opportunity cost of not receiving treatment for their condition that is well supported by controlled research. The treatment model and program offered to patients with bulimia nervosa at the Ottawa Civic Hospital Eating Disorders Clinic has been extensively researched, by our own team of behavioural scientists, as well as a large number of internationally renowned and respected researchers in this field.

The various aspects of our treatment program have been consistently demonstrated, in double-blind placebo-controlled research, to be superior to several other forms of treatment, and to mere support without treatment. We take great pride in our ability to help over 1000 (to date) women and men with eating disorders overcome their problematic eating behaviors. Further, this treatment can be most effectively provided with the least risk of relapse in an outpatient setting, which is far less costly than inpatient care provided by the U.S. addiction-model programs.

Mr. Brown....3

Thank you once again for the information you provided - I appreciated the opportunity to learn more about environmental sensitivities despite my professional opinion that they are not in the most cases, directly relevant to the understanding of bulimia nervosa.

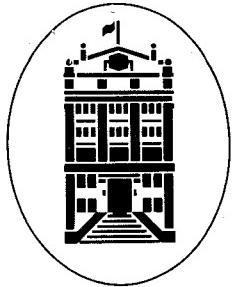
Sincerely,



Dr. Jane Blouin,
Psychologist,
Ottawa Civic Hospital,
Eating Disorders Clinic.
Assistant Professor,
Faculty of Medicine,
University of Ottawa.

cc: Dr. Jane Barlow
Dr. Arthur Blouin
Ms. Diane Gordon
Mr. Ian Mumford
Dr. E. Perez

JB/el



February 18th, 1992

**Ottawa
Civic Hospital**

**1053 Carling Ave.
Ottawa, Ontario
Canada K1Y 4E9
(613) 761-4000**

**Mr. Chris Brown,
6267 Castille Court,
Orleans, Ontario. K1C 1X4**

Dear Mr. Brown:

I am responding to your letter to Mr. Mumford, of February 1st, 1992. I understand that you were perturbed by the recent article in the Ottawa Citizen entitled "FOOD ADDICTS". It is clear from your letter, and from the information that you took the time to forward to me, that we have divergent opinions on both: a) the relevance of food addiction and chemical sensitivity in the management of patients with eating disorders; and b) the effectiveness of psychiatric therapy in the treatment of these patients.

I would be willing to clarify the rationale for our approach, at a time which is convenient to both of us. If you are interested please contact me at 761-4581.

Sincerely,

A handwritten signature in black ink, appearing to read "Jane Barlow".

**Dr. Jane Barlow,
Medical Director,
Eating Disorders Clinic**

JB:el